

NOF toolkit No one Forgotten Practice Hope Art 10

Title: “JUST BE-COME A PAINTING” (EMPATHY/SENSES AWARENESS)

Duration: 60 minutes

The aim of this activity is to experiment with the level of openness and connection between 2 people, by focusing on a particular color and shape.

Step 1: Form pairs. The partners sit opposite each other. The trainer separates the persons as A and B. The trainer asks A to choose a color they like and “become” that color. Participant A focuses on the chosen color and concentrates his whole being trying to become that. Participant B observes. When presenting themselves using speech, the actors are asked to share their names and a piece of information about them.

Step 2: The trainer asks participant A to think of a shape: circle/triangle/square. Participant A focuses in their chosen shape and concentrates with his whole being trying to become that. The B participant is observing deeply and starts to paint the shape that “sees” in front of him/her Repeat the activity with B participant becoming a color and shape.

Step 3: This activity has many levels of development and experimental levels

- continue the painting by adding “shadows” according to the level of the light that your partner is “becoming”.
- Other steps can include something that one participant puts in his mind BUT laser line focused. For example a bird/the sea/the mountain...
- Or something with which they can really feel a deep connection.

Material required:

- Canvas or sheets of paper measuring 70x100 cm
- Various shades of tempera colors
- Pencils, crayons, markers, brushes, pens, chalk, and other art supplies
- A large space
- A table or flat surface

Reflecting procedure: 20 minutes



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Important notice SOS: DO NOT improvise. Just think of the color intensively with a laser focused mind! The participants can choose one color but as many shades of the same color they want. Verbal communication is not allowed.

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